THE HOLLANDER HERALD

NOVEMBER 2026 | SEYMOUR I. HOLLANDER APARTMENTS

A Season for Gratitude, Community & Cozy Moments

November has arrived with crisp air, colorful leaves and plenty of reasons to come together! From music and creative activities to helpful wellness programs and our annual (generously donated) Thanksgiving meals, there is so much to be grateful for this month and many ways to connect with neighbors and enjoy the season. Please read through the reminders below, mark your calendars, and try something you haven't tried or haven't been to in a while! Wishing everyone a warm and happy November!

Mark Your Calendar

Tues., Nov. 3 | 2:00–3:30 PM |

STEPS 2 SAFETY: FALL PREVENTION

Bridgeport Social Services will share fall-prevention tips, trivia, and gentle seated exercises. Everyone can benefit from a helpful refresher. Please sign up.

Wed., Nov. 4 | 10:00 AM |

BLOOD PRESSURE CHECKS

Nurse Lee will be here. Please sign in when you arrive; residents will be seen in order.

Fri., Nov. 6 | 12:00 PM |

MOZAIC REHAB SERVICES

Meet a licensed physical therapist and occupational therapist and learn about outpatient services available next door. Transportation may be provided for treatment, and the team can help determine whether your insurance covers therapy. Snacks will be provided. Please sign up by Tuesday, November 3.

Tues., Nov. 10 | 1:00 PM |

MUSIC APPRECIATION: BRIAN TORFF

Back by popular demand! Brian Torff continues his presentation on *Fiddler on the Roof*. Sign up and join us for an enjoyable musical afternoon.

Thurs., Nov. 12 | 2:00 PM |

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

Kasia Kwolek from Bridgeport Adult Education will explain the program and answer questions. If there is enough interest, free lessons may be offered right here at Hollander. All are welcome, whatever your English level. Join us after exercise class.

Fri., Nov. 13 | 11:00 AM |

MANDALA COLORING

Try a relaxing creative activity, enjoy good company, and let the patterns do the work. All supplies are provided.

A Few Friendly Reminders

- Never let someone you do not know into the building.
- Please use your hand—not your feet, cane, or other object—to press elevator and entry buttons.
- One washer and dryer per person at a time.
- Blue bins are for recyclables only. Put bagged garbage in the chute; when in doubt, treat it as garbage.
- All guests, family members, and aides **must sign IN and OUT** in the book by the entry door.
- Visitors who are not tenants must park in visitor spaces.
- Smoking is allowed only in the designated outdoor smoking area.
- All overnight non-tenant guests must be registered with the Main Office and follow the maximum-stay rules.

Social Security Cost-of-Living Adjustment

The 2027 cost-of-living adjustment (COLA) was announced last month. The increase will be 3.6% for monthly payments from Social Security.

Office Services

Need copies or a fax? Please call ahead to make sure staff is available. Copies and faxes are .25 cents per page. Hollander does not sell postage stamps; they are available at grocery stores and post offices.

Front Entry Phone Tip

If guests say the front entry call goes straight to voicemail, your cell phone may be blocking the call. **Add (203)372-3086** to your contacts/favorites and set it to always allow calls. Need help? The Main Office is happy to assist.

Thanksgiving at Hollander

Thanksgiving is **Thursday, November 26.** Individually packaged Thanksgiving meals from Mozaic Senior Life's caterer will be available at no cost to Hollander tenants who will be home for the holiday. Please watch the bulletin board for the sign-up sheet and deadline. Meals are for tenants only and must be reserved in advance. Pick-up is planned for Wednesday, November 25 in the Community Room; the exact time and sign-up deadline will be posted. Heating instructions will be provided.

A little seasonal reminder: if you're spending the holiday on your own, consider calling a friend or family member, sharing a favorite memory with a neighbor, or joining us for community activities. Small connections can make the season brighter.

A Little November Fun

Three cozy ways to welcome the season

- Make a gratitude list: jot down three small things that made you smile this week.
- Move safely: take your time on wet leaves, use handrails, and wear shoes with good traction as the weather gets colder.
- Fun fact: The name "November" comes from the Latin word *novem*, meaning nine. It was the ninth month in the early Roman calendar before January and February were added.

💪 Health & Wellness

Exercise with Virginia

Thursdays at 1:00 PM. This welcoming class offers options to sit or stand and work at your own pace. All residents are welcome—come give it a try!

Important Insurance Changes for 2027

Please check your insurance cards. If you have **SilverScript** for prescription insurance, **ConnectiCare** or **CarePartners** Advantage Plans, they are being discontinued in Fairfield County and will not renew for 2027. If you have one of these plans, please make an appointment with Gwen to discuss your options.

🛠️ Maintenance & Building Reminders

Annual Apartment Inspections, Thermostat Batteries & A/C Covers

Yes! **You read that right.** We are planning to get all our important pre-winter /annual maintenance projects done together! HUD-required annual apartment inspections, thermostat battery & smoke detector battery check & installation of air-condition covers **will begin Tuesday, November 3**, **starting on the fifth floor**. Adrian and Julio will be very busy over the next 3-weeks, so be patient with the office during this time. We will begin at 9am most mornings and work most of the afternoon, working our way down, until all floors are complete. We estimate the total time to be 3 weeks from start to finish. **All apartments** will be entered and inspected no matter if you are home or not, these are required HUD & safety inspections. Please cooperate with staff and watch for instructions about your unit. Feel free to reach out to Amy or Jolene with questions or concerns.

Exterminator- FIRST FLOOR

FMG will be here **Tuesday, November 17th at 10AM.** Please make sure mattress are bare and your closet floors are clear.

Garden Boxes: Please Empty by December 1

We hope you enjoyed this wonderful growing season and had a bountiful harvest! Please ask a staff member for a large garbage bag and completely empty your garden box—including underneath—**by December 1**. Store your supplies at home over the winter to remain eligible for next year's garden-box drawing.

Offices are Closed in observance of Veteran's Day, Wednesday, Nov. 11th

Thanksgiving Thurs. Nov. 26th & Fri. Nov. 27th.

💔 Friends of Hollander & Community Thanks

Monthly Sustainer: The Erlich Family

Donors: Delia Rivera and Alan Willig

Special thanks to Delois, for all the work she does that often goes unsaid but never unnoticed 😉 The security staff and the office staff appreciate all your help! And a big thanks to Andy for always honoring our flag status. Thank you to the Freedman and Cohen families for the new artwork we have and will continue putting in the hallways, and to Gail Falcon and Cathy Mastrianno for decorating the Community Room for the Halloween 🎃 🍖 party.

Bottle-and-can donors: Hollander residents, Jean Hermele, Tamara Weinberg, Rabbi Niema Hirsch, and Congregation Or Hadash.

Thank you to everyone who donated to the nOURish Bridgeport monthly food drive and to Hollander residents and community supporters who donated bottles and cans.

We are thankful for so many, if I forgot you, please know, we see you! 🙏

October's bottle-and-can total was $159.20.

Spend a few minutes to write down what you are most Grateful For: No need to hand in, or even share. Sometimes it's nice to reflect and journal words of gratitude just to ourselves.

🛒 November Grocery Shopping

Regular pick-up is at 12:30 PM and return is at 2:30 PM unless noted. Please check the bulletin board for changes.

Date	Store / Schedule
Wed., Nov. 4	ShopRite — Fairfield
Wed., Nov. 11	Stop & Shop- Main Street
Wed., Nov. 18	Big Y — Hawley Lane
Fri., Nov. 20	Trader Joe's — Pick-up 11:00 AM; return 12:30 PM
Wed., Nov. 25	Stop & Shop — Villa Avenue

🕯️ Candle Lighting Times

Friday	Time
November 6	4:25 PM
November 13	4:18 PM
November 20	4:12 PM
November 27	4:08 PM

Battery-operated and electric candles only.

🎲 Game Night at Hollander! Let the Fun Begin!

Wednesday, November 4th starting at 5:30pm Put down the remote, step away from the TV, and come join the fun! One of our very own residents is organizing a regular, weekly Game Night, and everyone is invited!

Whether you're a card shark, a board-game pro, or just enjoy a little friendly competition, this is your chance to laugh, socialize, meet neighbors, and maybe even show off your winning skills!

No experience necessary — just bring yourself and a good sense of humor!

Come for the games, stay for the laughs. We hope to see you there!

NOTE FROM THE EDITOR: I realize I am keeping you all on your toes while I try many different templates and concepts with the Monthly Newsletter! The goal is always to bring information in a clear consistent manner that is important & beneficial to everyone while also trying to entertain and please your visual senses. I think I have landed on what will be your new newsletter format. Enjoy, Jolene 😉 😁 🤩

🧹 A Clean Home Keeps our Whole Community Healthy!

We need everyone's cooperation with an important housekeeping concern. We have been experiencing an increase in PEST activity in the building, and it is becoming a growing concern on multiple floors.

Pest are attracted to food crumbs, spills, uncovered food, overflowing trash, and clutter. Even a small amount of food left out can attract pests. Once they become established, they can spread from apartment to apartment and become much more difficult to control.

Please take a few minutes each day to:

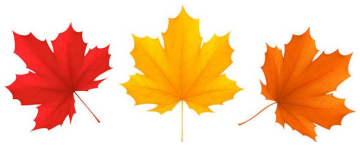
- Wipe down kitchen counters, tables, and stovetops.
- Sweep or vacuum floors, especially around the kitchen and dining areas.
- Store food in sealed containers and avoid leaving food out overnight.
- Take garbage out regularly and keep trash areas clean.
- Wash dishes promptly and clean up spills and crumbs.
- Avoid allowing clutter, bags, or boxes to accumulate.

Please remember that pest control is a shared responsibility. While management will continue coordinating inspections and treatments, **professional pest control cannot solve the problem without residents doing their part inside their apartments.**

Our goal is to keep Hollander clean, comfortable, and healthy for everyone. Thank you for taking this seriously and doing your part to protect your home and your neighbors!

Curious why this year's foliage is so vibrant? I sure was!

These Key Factors are Behind the 2026 Foliage:



- **Moisture and Sunshine:** Rather than a lack of rain, Connecticut experienced sufficient and well-spaced rainfall and sun through the growing season, keeping trees healthy and delaying the breakdown of green chlorophyll.
- **Less Fungal Disease:** A common fungal issue that usually causes maple leaves to turn brown, shrivel, and drop early was much less widespread this year, allowing trees to keep their leaves longer for a brighter display.
- **Weather Triggers:** Vibrant reds, oranges, and yellows depend on warm, sunny days and cool nights—factors that peaked nicely as autumn moved forward.

SEYMOUR I. HOLLANDER APARTMENTS

November 2026

Reminder: Nov 3rd, We start HUD Annual Inspections, A/C Cover Installs & Battery Checks. We will begin on the 5th floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 	02 6pm BINGO	03 2pm Fall Prevention	**04** 10am Blood Pressure 12:30 ShopRite 5:30pm Game Night	**05** 1pm Exercise Class	06 12:15 Mozaic PT/OT 2pm Chair Exercise Candles 4:25pm	07
08	**09** 6pm BINGO	**10** 1pm Music Apprec.	**11** 12:30 Stop&Shop	**12** 1pm Exercise Class 2pm English for Other Languges	13 11am Mandala 2pm Chair Exercise Candles 4:18pm	14
15	**16** 6pm BINGO	**17** 10am Exterminator- First Floor	**18** 12:30pm BigY 7pm-9pm Community Room Closed	**19** 1pm Exercise Class	20 11am Trader Joe's 2pm Chair Exercise Candles 4:12pm	21
22	**23** 6pm BINGO	**24**	**25** Pickup Thanksgiving Meals Time TBA 12:30pm Stop & Shop Villa Ave	**26** 	27 Hollander Offices Closed. Enjoy Thanksgiving! Candles 4:08pm	28
29	**30** 6pm BINGO	01 All Garden Boxes must be Cleared!	02	03	04	05